

What are the health effects related to consumption of chocolate? (DGAC 2010)

Conclusion

Moderate evidence suggests that modest consumption of dark chocolate or cocoa is associated with health benefits in the form of reduced cardiovascular disease risk. Potential health benefits need to be balanced with caloric intake.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What are the health effects related to consumption of chocolate?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Chocolate and health:](#)